

Active Start Annual Report 2021 - 2022



Welcome

Welcome to the Active Start Annual Report for 2021-2022. This is our second Annual Report which seeks to highlight the progress made since the initial inception of the programme back in early 2020. This report concentrates upon the continued rollout of the programme whilst showcasing the impact this is already making within our early years' settings across Cumbria.

The core vision of the Active Start programme is to support children to be healthy, to learn, and be active for life!

To do this we intend to:

- Increase physical activity levels and reduce sedentary behaviour in the Under 5's
- Narrow the gap in achievement and health inequalities for children from disadvantaged areas
- Support parents and carers to connect with their children through physical activity and active play
- Inspire practitioners and teachers to feel confident to deliver the wider curriculum through physical activity

There have been several achievements over the course of the year including the launch of the Key Stage 1 offer, expansion of the programme across the wider County, activities aimed at the Under 2's alongside our new promotional resources.

The funding and support from the Sellafield Social Impact Fund has been instrumental in leveraging additional financial resource from other sources and helping to raise the profile of the programme with partners and key stakeholders.

In addition to the above Active Start has ventured into other areas of the Country with our Active Partnership colleagues in the North East being one of the first to trial the programme.

It has been fantastic to hear directly from settings the difference this has made not only to their learning and understanding around physical activity but also the impact this is having upon the children.

Although there have been many highlights over the past year it should be acknowledged that there have and continue to be challenging aspects to the programme.

Unfortunately, the rollout of the families offer has faced delays due to workforce challenges however as we enter the coming year of the programme this situation has been resolved enabling us to drive this element forward. Schools and settings are starting to make enquiries, and alongside our new and emerging complementary family initiatives we are optimistic that this will be a future area of success to report upon.

The support and challenge from the multi-agency steering group during the initial development of the programme was welcomed, and it is hoped that they will relish the opportunity to continue to drive the programme forward.

Finally, we would like to take this opportunity to thank our lead trainer Lesley Minervini and all those early years settings that have taken part in our training to date and embraced the programme within their settings. We appreciate that times are still very challenging for the sector, and hope that we can continue to assist them with supporting children to be healthy, to learn, and be active for life!



Highlights

To date the Active Start programme in West Cumbria has:



Delivered **7** practical training sessions for Early Years Practitioners, Reception Teachers, and Child and Family Workers

Provided training for **75** Early Years Practitioners across **45** settings

Delivered **2** practical training sessions for Key Stage 1 Teachers and PE Leads

Provided training for **21** teachers across **17** schools



Distributed **750** take home packs for settings to support family-based activity

Across other areas of Cumbria we have:

Delivered **4** practical training sessions for Early Years Practitioners, Reception Teachers, and Child and Family Workers

Distributed **500** take home packs for settings to support family-based activity

Delivered **1** practical training session for **8** Key Stage 1 Teachers and PE Leads

Provided training for **50** Early Years Practitioners across **38** settings



In addition to the above we have:

Trialed Active Start sessions across the region. 'We Are Rise', the Active Partnership for the North East have delivered **2** Active Start courses to date and hope to deliver more

Leveraged an additional **£54,000** of investment to support delivery of the programme into other areas of Cumbria

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Initial Outcomes and Learning

As we embark upon our second year of delivering the Active Start programme, we take the time to reflect upon what we have learned over the past 16 months, and some of the perspectives from our participants. This is what our West Cumbria cohorts told us:

Training Experience

As a result of attending the Active Start training:

82%

reported that their knowledge and awareness of the CMO guidelines relating to physical activity had increased a lot

82%

reported their understanding of how to incorporate physical activity within the EYFS curriculum had increased a lot

80%

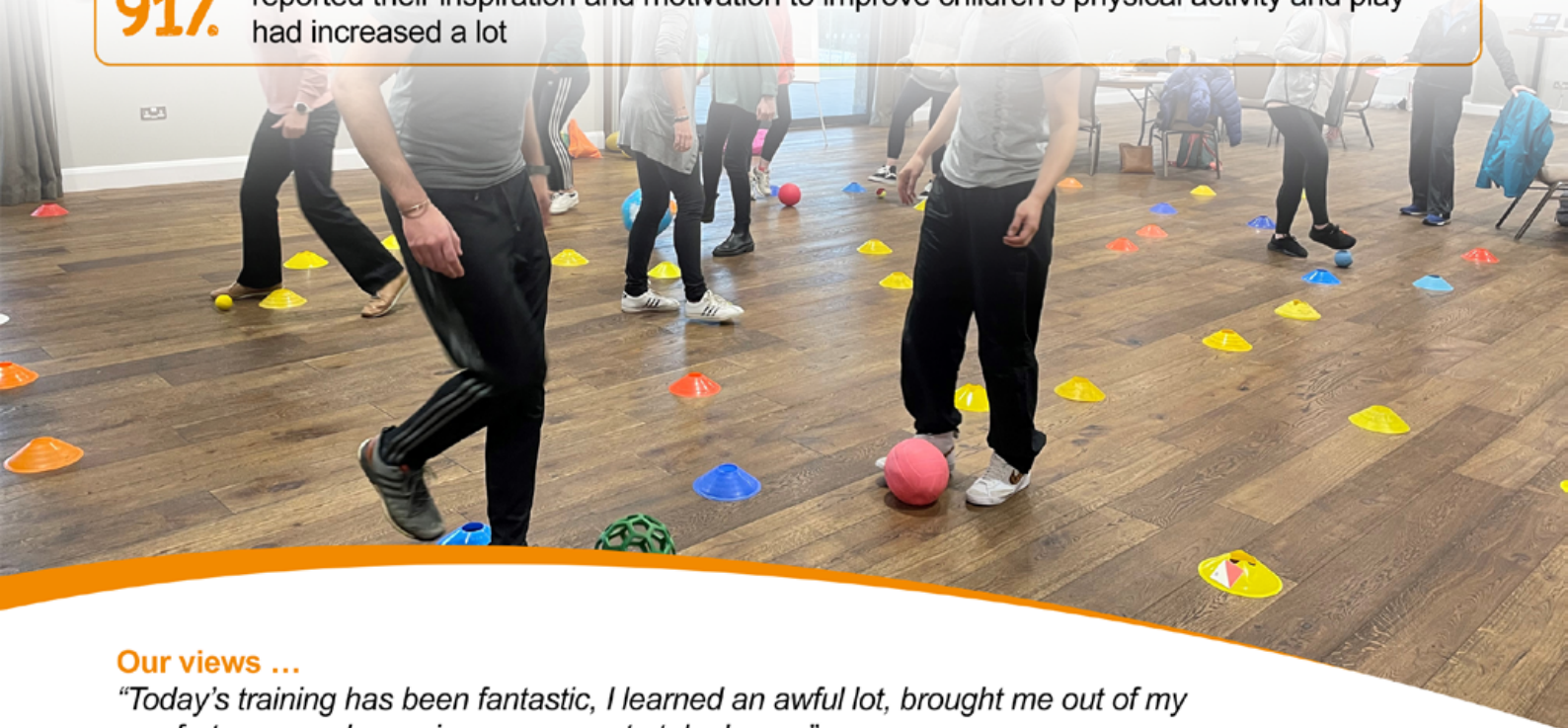
reported their confidence to support physical activity had increased a lot

84%

reported their skills and knowledge had increased a lot

91%

reported their inspiration and motivation to improve children's physical activity and play had increased a lot



Our views ...

"Today's training has been fantastic, I learned an awful lot, brought me out of my comfort zone and amazing resources to take home."

"The training and resources are great quality and have increased my confidence to deliver PE activities to classes. I feel that other EYFS staff at school will be able to easily follow the resources too."

"The amount of inspiration I got from the course and the resources given. I'm looking forward to taking them back to my setting."

"I have learnt a lot about how important physical development is and will be using these ideas in the future."

Active Start in Action



Howgill Family Centre is a registered charity providing care and education within 4 nursery settings based in Cleator Moor, Kells, Whitehaven, and Mirehouse. Right from the outset of the Active Start programme, Steph Carrick, Early Years Co-Ordinator and Setting Manager at Cleator Moor was keen to get involved and encourage other members of her team to do so.

Whilst Howgill were already involved in several initiatives linked to health and wellbeing they were keen to build confidence within the team and raise awareness of the importance of physical development across all areas of learning. Following the training team members told us:

"I have learnt the importance of making physical development a priority for the children on a day-to-day basis and how to implement this effectively."

"Today's training has been fantastic, I learned an awful lot, brought me out of my comfort zone and amazing resources to take home."



As one of the early adopters of the programme Steph and her colleagues have embraced the learning from the training and implemented the activities in a variety of ways within the nursery at Cleator Moor. The nursery currently provides for 63 children.

Since attending the initial training Steph and Charlotte, Early Years Project worker have set about embedding the Active Start activities into their session delivery and have encouraged others within the setting to take advantage of the training opportunities.

Several members of the team are now part of the Active Start workforce with the provision of activities available across all rooms. Using the knowledge gained from the course Rachel is now adapting the activities so that she can use the resources within the Babies' room. The newest members of the team have also been set targets to lead Active Start sessions supporting both their ongoing professional development and that of the children.

Active Start in Action

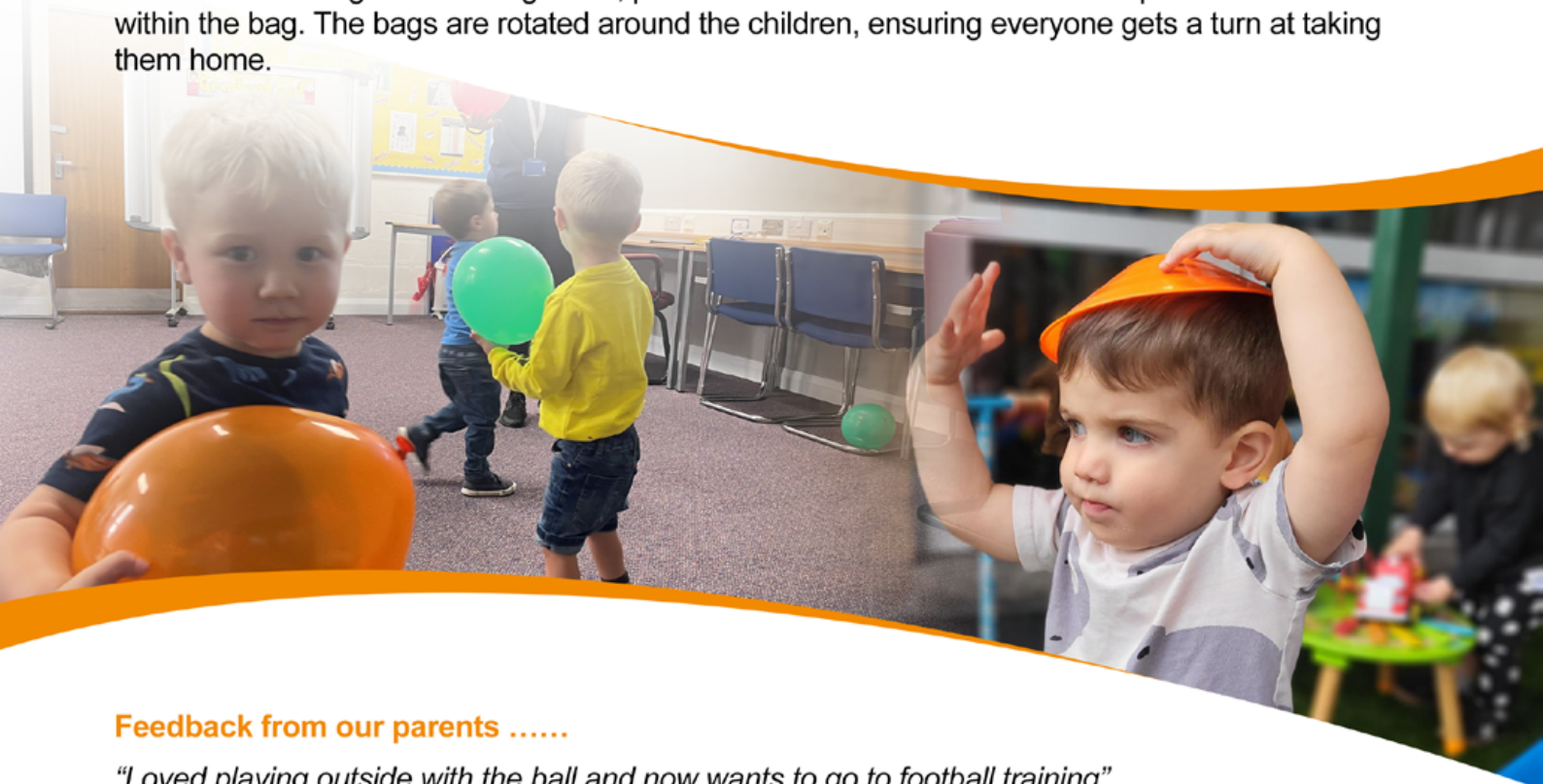


Steph told us:

"We are delighted to be involved in the Active Start programme as this has really helped us to consider how we incorporate physical activity and movement into all the work that we do here in the setting. One of the first things we did after the training was to look at the equipment we already had within the setting to support the activities. As a result of this the centre has now purchased a selection of books as recommended within the resource specifically to support the activities."

Furthermore, Howgill have set about using the take home bags provided to engage further with their families outside of the setting alongside sharing the activity cards on Tapestry.

The bags are sent home on a weekly basis with different children. Each bag contains an activity card and the piece of equipment to use with the card. The children complete the activity at home then return the bag the following week, parents are asked to feedback via a slip that is included within the bag. The bags are rotated around the children, ensuring everyone gets a turn at taking them home.



Feedback from our parents

"Loved playing outside with the ball and now wants to go to football training"

"He enjoyed copying and sharing with his brothers and the beanbag, using it in different ways, there was lots of interaction"

"He enjoyed playing with his dad and running around doing the activity"

"We enjoyed the activity and he wanted to play it every morning"

"He loved this one and found it hilarious when we had to try to catch our tails"

"Loved playing with hide and seek and keepy uppies and was devastated when the balloon burst."

"She loved throwing and catching the blue ball. Thank you"

The Impact of Active Start

Many of our course attendees are now actively implementing Active Start into their early years' settings.

Active Start Delivery

- 71%**  of settings are using the Active Start resources with their children at least once a week
- 90%**  are delivering Active Start activities within existing lessons/sessions
- 19%**  are delivering dedicated Active Start sessions
- 14%**  are delivering lunchtime or afterschool clubs

★★★★★

Working with parents

48% of settings that have responded have started to use the 'take home packs' to work with parents

How are they using Active Start?

- “Take home packs have been provided to the parents in my setting and sent home with photos showing how the packs are used. I also added additional items from own resources on loan to make the pack stretch further.”
Copeland Childminder

- “Each week the Active bags are sent home with different children. They contain an activity card and the piece of equipment to go with the card. The children complete the activity at home then return the bag the following week. The bags are rotated around the children, so everyone gets a turn at taking them home.”
Copeland Nursery

- “We have used them in school with our Special Educational Needs children.”
Copeland School
- “We have photocopied or put activities on our home learning board for parents to take away from the setting.”
Allerdale Nursery

- “Some parents have requested to take them home over the holiday periods.” Allerdale Nursery



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The Impact of Active Start

95%

felt the importance of children's physical activity and active play in their setting had increased

71%

felt the importance of children's physical activity compared to speech and language and social skills had also increased

When asked specifically about the impact on the children:

91%

felt participation in physical activity and active play had increased

95%

felt their enjoyment and attitudes towards physical activity had increased

95%

felt their confidence towards taking part in physical activity had increased

85%

felt their physical development and skills in relation to physical activity had increased

"I have noticed I incorporate a lot more physical activity into all areas of play, dancing while painting on large paper, yoga sessions and challenging parents to allow their children to take risks with physical play too."

"I have found active start a helpful tool to encourage children to be physically active and be motivated within the setting."

"In my setting we do a lot of physical daily tasks and involvement. The take home packs were a mega bonus for the children, as they were using them here it encouraged the children's parents to get involved with them too."



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Financial Update and Future Priorities

Listed below is a summary of the expenditure to date in relation to the period covering the 1st September, 2021 – 31st August, 2022.

Expenditure

Staffing	£27,718
Marketing & Communications	£5,630
Course Delivery	£4,557
Resources	£3,264

Total Expenditure
£ 41,169

Priorities 2022-2023

Programme Objectives:

- To increase the confidence and competence of practitioners in early years and teachers at KS1 to deliver and embed the Early Years Foundation Stage framework and the Primary National Curriculum respectively through physical activity.
- To increase physical literacy and participation in physical activity amongst early years children and positively impact on their school readiness.
- Connect Parents and Carers with their children and with each other through increased physical activity.

Actions:

- Aim to deliver 3 further early years training courses across Allerdale and Copeland. Deliver 2 Key Stage 1 training courses across Allerdale and Copeland.
- Revisit the Active Start workforce to review progress and implementation to date.
- Rollout a new resource for practitioners to support children under 2.
- Explore additional opportunities linked to Balanceability and the 50 mile challenge for Active Start settings across Allerdale and Copeland.
- Promote the Family Learning offer to settings already engaged with the Active Start programme.
- Provide additional support for participating settings to implement a 'stay and play' or similar offer within their setting.
- Promote and disseminate the 'Movement for Babies' and 'Movement for Toddlers' information to stakeholders.
- Develop a series of user-friendly videos to showcase activities and increase accessibility.



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